

KISS: Mental Health Resources

Adults

- **MIND** - mental health charity with fantastic resources, including a specific area for COVID related mental health issues - <https://www.mind.org.uk>
- **Beating the isolation blues** - wellbeing pack developed in the North West to help deal with wellbeing during COVID - <http://documents.manchester.ac.uk/display.aspx?DocID=49000>
- **Helpers** - 6-week course using psychological theory to support mental health during COVID - <https://www.helpers.tools>
- **Coping with coronavirus** - Self-help guides and information written by psychologists from UCL - <https://www.copingwithcoronavirus.co.uk/self-help-guides.html>
- **Headspace** - mindfulness app - <https://www.headspace.com/covid-19>
- **Sleep council** - for all things sleep-related - <https://sleepcouncil.org.uk/advice-support/>
- **Sleepstation** - sleep improvement programme, now free in some parts of the UK via NHS support - <https://www.sleepstation.org.uk>
- **CalmHarm App** (good for young people too) - to help manage self-harm urges - <https://www.nhs.uk/apps-library/calm-harm/>
- **SHOUT** - 24/7 crisis helpline - just text to 85258 <https://www.giveusashout.org>
- **Bereavement support** - NHS search engine to find services in your area - <https://www.nhs.uk/service-search/other-services/Bereavement%20support/LocationSearch/314>
- **Bereavement support** through CRUSE - <https://www.cruse.org.uk>
- **Relationship difficulties** - free online sessions through <https://www.careforthefamily.org.uk/courses/marriage-courses-the-marriage-sessions>
- **Exercise** - free exercise plans/videos including pilates, yoga etc. through NHS - <https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>
- **Breathing with your belly** - abdominal breathing to reduce stress and anxiety - <https://www.guysandstthomas.nhs.uk/resources/patient-information/therapies/abdominal-breathing.pdf>

Children and young people

- **Think Ninja** - mental health support app for 10-18 year olds - <https://www.nhs.uk/apps-library/thinkninja/>
- **Princes Trust** - excellent signposting information for mental health issues for young people - <https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health>
- **Happy Maps** - excellent website with information, resources and signposting for children of all ages and parents - <https://www.happymaps.co.uk>
- **Young Minds** - mental health support for children and young people, up to age 19 - <https://youngminds.org.uk>
- **CHUMS** - mental health support for children and young people - <http://chums.uk.com>
- **Book recommendation for children with anxiety** (very good for parents too!) - 'What to do when you worry too much. A kid's guide to overcoming anxiety.' by Dawn Huebner, published by the American Psychological Association

Support for you and your colleagues

- **Headspace** - mindfulness training - free to all clinical and non-clinical NHS staff - <https://www.headspace.com/nhs>
- **Permitted to pause** - website to support wellbeing for health care workers - <https://www.permittedtopause.co.uk/#>
- **Free wellbeing apps for NHS staff** - <https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>
- **Our frontline** - round the clock one-to-one support for key workers - <https://www.mentalhealthatwork.org.uk/ourfrontline/>
- **Looking after you too** - coaching support for primary care staff - <https://people.nhs.uk/lookingafteryoutoo/>
- **RCGP support for GP wellbeing** (especially have a look at the Note Cards from WorkWell doctors - really good brief simple reminders on how to deal with emotions - just what we tell our patients but sometimes aren't so good at doing ourselves!) - <https://elearning.rcgp.org.uk/mod/page/view.php?id=10501>
- **Book from Dr Catherine Sykes** (mentioned on the webinar) - The Exhausted Trajectory - deals with burnout and exhaustion - <https://www.amazon.co.uk/Exhausted-Trajectory-Tired-Energy-Purpose-ebook/dp/B087D49ZSN>
- **PTSD webinar** recently produced to help primary care clinicians - <https://vimeo.com/427005151/3a40d3edfb>